





**STEP 4: Determining Interventions and Developing an Action Plan**  
 – by population, setting, and resources

**Worksite Setting-Nutrition  
 Intervention Action Step Examples**

<b>WORKSITE SETTING</b>	<b>Intervention Action Step Examples</b>
 <b>Policy</b>	Develop and implement guidelines for healthful snacks and foods provided in vending machines and other venues within the worksite's control.
	Incorporate the 5 A Day message into existing cafeteria/catering policies.
	Encourage adherence to single-portion sizes as defined by the USDA Food Guide Pyramid in foods offered in the worksite setting, and outside the cafeteria.
	Establish nutrition standards for food served at meetings, banquets, etc. Policies could address the following: 1) heart healthful alternatives at company-sponsored event, 2) the provision of low-fat milk and/or juice instead of soda at meetings, and 3) cafeteria foods that follow the US Dietary Guidelines.
	Advocate for breastfeeding friendly policies in worksites such as allowing for midday breaks and providing private rooms, along with flexible work schedules.
 <b>Environment</b>	Provide vending machines with healthy food options.
	Provide private "Mother's Rooms" for expressing milk in a secure and relaxing environment.
 <b>Practices</b>	Offer appealing, low-cost, healthful food options, such as fruits and vegetables, juices, and low-fat dairy products in vending machines, snack bars, break rooms, and/or cafeterias.
	Organize a Farmer's Market at worksites encouraging local farmers to set up stands outside key buildings.
	Develop healthy nutrition taste clubs at worksites to taste-test recipes.
 <b>Communication</b>	Include information on nutrition in worksite communications, such as monthly meal calendars, newsletters.
	Increase awareness about nutrition by conducting campaigns around a specific food topic/group e.g., low-fat milk and fruits and vegetables. The promotions should involve multiple channels (e.g., email messages, bulletin boards, posters)
	Post motivational signs about 5 A Day, nutrition, and healthful eating near vending machines and cafeterias.



## RESOURCES:

### **PROGRAMS and ACTIVITIES**

#### **5 A Day Program**

Produce for Better Health. [www.5aday.org](http://www.5aday.org)

#### **American Cancer Society**

*Meeting Well: A Tool for Planning Healthy Meetings and Events.* Meeting Well includes a set of simple tools for planning healthy meetings and events: general tips for meals and snacks, healthy meeting checklist, menu maker, healthy ideas for special events.

[http://www.cancer.org/docroot/PED/content/PED\\_1\\_5X\\_Meeting\\_Well.asp](http://www.cancer.org/docroot/PED/content/PED_1_5X_Meeting_Well.asp)

#### **Breastfeeding: Heritage and Pride Program**

The Hispanic Health Council works with low income women who receive prenatal care at Hartford Hospital's Women's Ambulatory Health Services. [www.hispanichealth.com](http://www.hispanichealth.com)

#### **Centers for Disease Control and Prevention – Healthy Worksite Food**

Centers for Disease Control offers guidelines on Choosing Foods and Beverages for Healthy Meetings, Conferences and work-related Events. [www.cdc.gov/nccdphp/dnpa/pdf/Healthy\\_Worksite\\_Food.pdf](http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf)

#### **United States Breastfeeding Committee**

##### **Work Place Breastfeeding Support**

A guide outlining the importance of supporting breastfeeding in the workplace, includes information on how to set up a supportive environment and resources. [www.usbreastfeeding.org/Issue-Papers/Workplace.pdf](http://www.usbreastfeeding.org/Issue-Papers/Workplace.pdf)

<http://www.usbreastfeeding.org/Issue-Papers/Checklist-WP-BF-Support.pdf>

#### **Working Well Works**

This site provides information about starting worksite wellness programs. One of the sections, *Fruit and Snack Bowl*, provides guidelines on healthful snacks in the workplace, sample objective and action plans, changing the environment, and the 5 a Day Challenge.

<http://www.co.tompkins.ny.us/wellness/worksite/workwell/snackbowl.html>

### **GUIDELINES**

#### **Blueprint for Action on Breastfeeding**

From the Centers for Disease Control and DHHS, an action plan for breastfeeding based on education, training, awareness, support and research. Plan includes key recommendations and established breastfeeding policy for the nation. <http://www.4woman.gov/Breastfeeding/bluprntbk2.pdf>

#### **Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events**

University of Minnesota School of Public Health.

[http://www.ahc.umn.edu/ahc\\_content/colleges/sph/sph\\_news/Nutrition.pdf](http://www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/Nutrition.pdf)

#### **National Healthy Mothers, Healthy Babies Coalition**

Mission to promote and improve culturally and linguistically appropriate, community-based services that foster healthy mothers, healthy babies, and healthy families. Website provides a listing of state and regional coalitions and resources on workplace support and models of excellence for breastfeeding employees. [www.hmhb.org](http://www.hmhb.org)

**Prevention Institute**

**Workplaces Policies to Offer Nutritious Foods:** Paper is part of a series of nutrition policy profiles prepared by Prevention Institute for the Center for Health Improvement (CHI)  
[http://www.preventioninstitute.org/pdf/CHI\\_Workplace\\_Policy.pdf](http://www.preventioninstitute.org/pdf/CHI_Workplace_Policy.pdf)

**United States Breastfeeding Committee**

This website provides position papers on *Breastfeeding in the Workplace, the Economic Benefits of Breastfeeding, the Benefits of Breastfeeding, State Breastfeeding Legislation, and Breastfeeding and Childcare.*  
[www.usbreastfeeding.org](http://www.usbreastfeeding.org)

**USDA/Center for Nutrition Policy and Promotion**

Food Guide Pyramid and Dietary Guidelines. [www.usda.gov/cnpp](http://www.usda.gov/cnpp)